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the independent student newspaper

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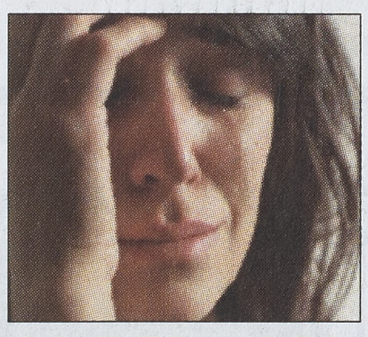


IS GLUTEN BAD FOR YOU? PAGE 3

ART SHOW DISPLAYS THE STUDENTS' BEST WORK FROM 2013 - 2014. PAGE 5

LADY MONARCHS GETTING READY FOR THE UPCOMING FALL SEASON. PAGE 6

PART-TIME TEACHERS NOT THE ANSWER

Overuse of adjunct professor adversely affecting graduation and retention rates.

KIMIYA MANOOCHEHRI
SPECIAL TO THE STAR

Remodeling higher education in efforts to keep it cost-efficient has included an increased dependency on adjunct faculty. While these part-time arrangements can infuse a faculty with fresh, real-world experience, studies suggest a disturbing link between that reliance and declining graduation rates.

The accessibility of community colleges has made it possible for millions of people to return to or initially enroll in school. Over the past decade, the Current Population Survey has counted an increase of 4.5 million in annual college enrollment.

The Chronicle of Higher Education reports that in recent years, we have seen community colleges grow at four times the rate of four-year universities. At adjuncts most of these schools across the nation are part-time, also known as "contingent," or part-time, faculty. These are the instructors who are hired temporarily, usually on a one-year basis on renewable contracts.

Adjunct faculty member at Valley College Dan Watanabe weighed in on the subject. "Adjunct faculty are a fiscal way of life for most schools in terms of maintaining their budgets as well as having a diverse and robust teaching force."

Yet, it used to be that adjuncts made up about a quarter of college instructors. Since 2008 surveys have revealed only 27 percent of higher education instructors were full-time or on the tenure track to becoming full-time. The other 73 percent is composed of adjunct or part-time professors.

Watanabe, a Broadcasting instructor, also teaches in an adjunct capacity at Loyola Marymount. He considers adjuncts particularly beneficial due to the experience they bring into the classroom.

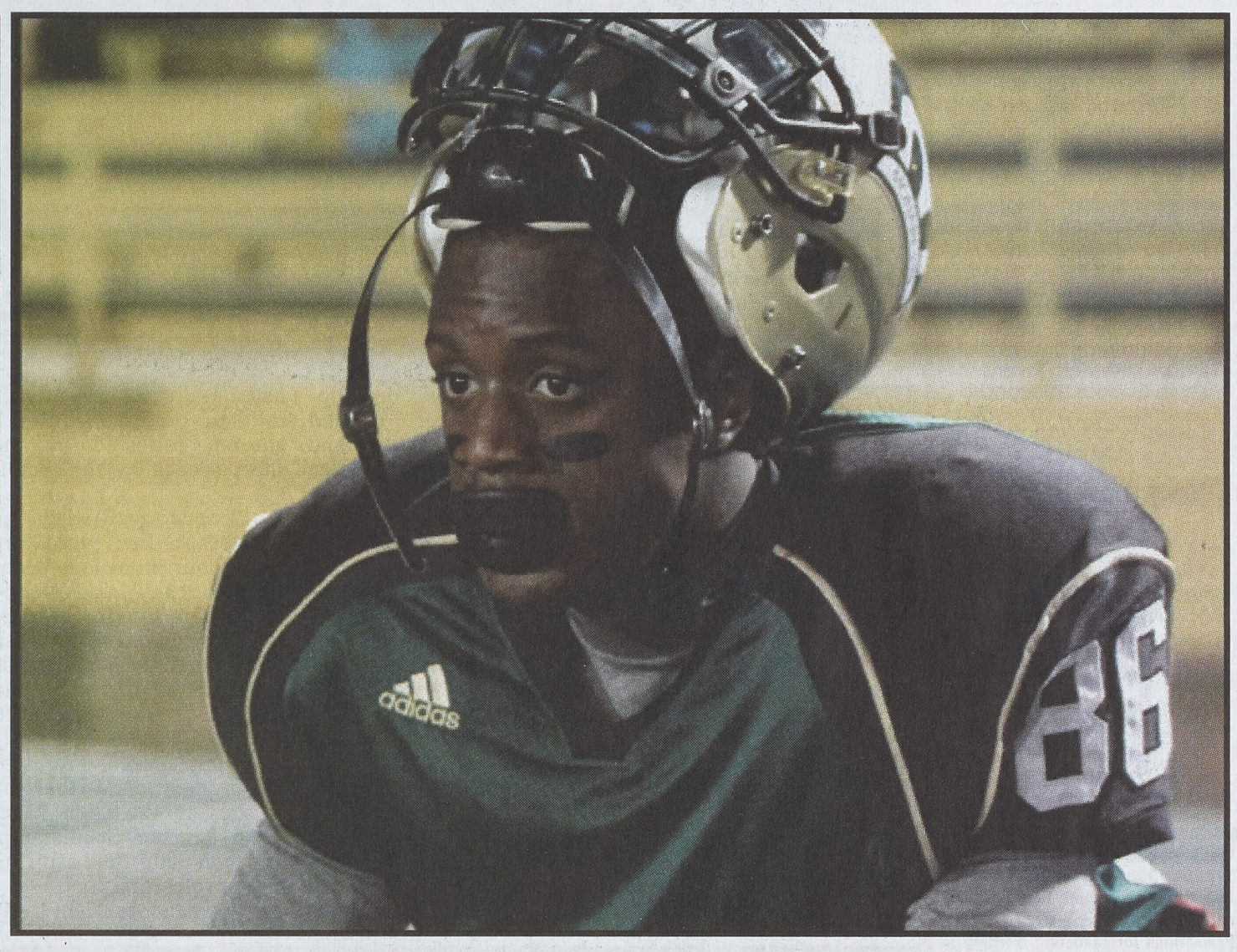
"I work very closely with my students," Watanabe said, regarding the part-time faculty experience. "[I] feel that a combination of adjunct and full-time faculty presents students with the best of both worlds in terms of combining the real-world current experience of adjunct with the long term full time experience of tenured faculty."

However, working in an adjunct capacity means working with the possibility that a contract will not be renewed, creating a lack of job security. Adjunct faculty have at times been paid as little as half as much as their tenured counterparts. Assigned hours for part-time faculty sometimes do not qualify them for health insurance, adding to their financial burdens.

Moreover, surveys conducted by the American Association of University Professors, show that more than half of contingent faculty are looking for full-time positions and working multiple jobs. These temporary positions and limited resources can lead to less time to devote to students. These opportunities, for teachers and their students to meet outside the classroom, are relied on by many students.

According to Adrianna Kezar's USC-based initiative, "The Imperative for Change: Understanding the Necessity of Changing Non-Tenure-Track Faculty Policies and Practices," there is a problematic inverse correlation between the increased number of

|Part-Time Teachers Not The Anwer, Page #|



ROSHON BONNER, STAFF PHTOGRAPHER| VALLEY STAR
VALLEY MOURNS - Monarchs say goodbye to freshmen James White Jr., as he was shot and killed at Universal Studios CityWalk on May 12.

VALLEY ATHLETE SHOT DEAD

Monarch football player James White Jr. life gets cut short at Universal Studios CityWalk.

KEVIN BUCKLES
STAFF WRITER

The Los Angeles Police Department identified a 21-year-old Valley College football player as the man killed in an officer-involved shooting earlier this month at Universal Studios Citywalk.

James Renee White Jr. was a wide receiver for the Monarchs and died shortly after the LAPD's North Hollywood Division responded to a call at 1:15 a.m. that a crowd was causing a disturbance outside of the Infusion Lounge, according to LAPD Media Relations Officer Drake Madison.

The lounge was hosting a "Battle of the DJs" Sunday night when a fight broke out. According to eyewitness Mark Crawford, a friend of White's, the fight was between a gang to which he and White belonged, and a rival outfit. Crawford said that after that altercation died down, he and White left the club to find the rival gang member who they thought started the fight and got into a second altercation, resulting in gunfire.

"I was DJing and a lot of guys were rumbling and fighting," said DJ Phil to CBS Los Angeles. "And of course, you know, they start throwing bottles and this escalated and gunshots rang out."

Crawford said another friend fired a single gunshot in the air following a scuffle that broke out between them and others outside of the club. Crawford said that White Jr. then followed suit and shot his .38 revolver into the air one time.

The LAPD stated that officers shot White Jr., who emerged from the fracas with a gun, and that it was not clear if he fired at the police or aimed his gun at them.

"The officers immediately sought cover and while in those positions of cover, they observed a suspect, an unknown male at this time, who was armed with a handgun," LAPD Sgt. Barry Montgomery told the press the night of the shootings. The announcement confirmed that James White Jr. was the person who was shot and killed.

No one else was injured from gunfire that night, though several people did suffer minor injuries as the crowd of a couple hundred ran for cover, according to the police.

Universal Citywalk released an official statement on the afternoon of May 12 regarding the incident that occurred earlier that day.

"As one of LA's most visited family destinations, Citywalk will continue to provide the most comprehensive security available. We are committed to the safety and security of our guests and are working closely with law enforcement as their investigation unfolds in this isolated incident."

James White Jr. is survived by a mother, father, an older brother and twin sisters. He was on track to living a better life according to Crawford.

"[James] just wanted to get out," Crawford said. "He didn't care if he made it to the league [NFL] or not, he wanted to go and be one of the first in his family to do it.

Valley College football player Al Thornton, who was also close friends with James, said, "He just wanted to go against statistics because he lost family members the same way, but it's sad to say he was."

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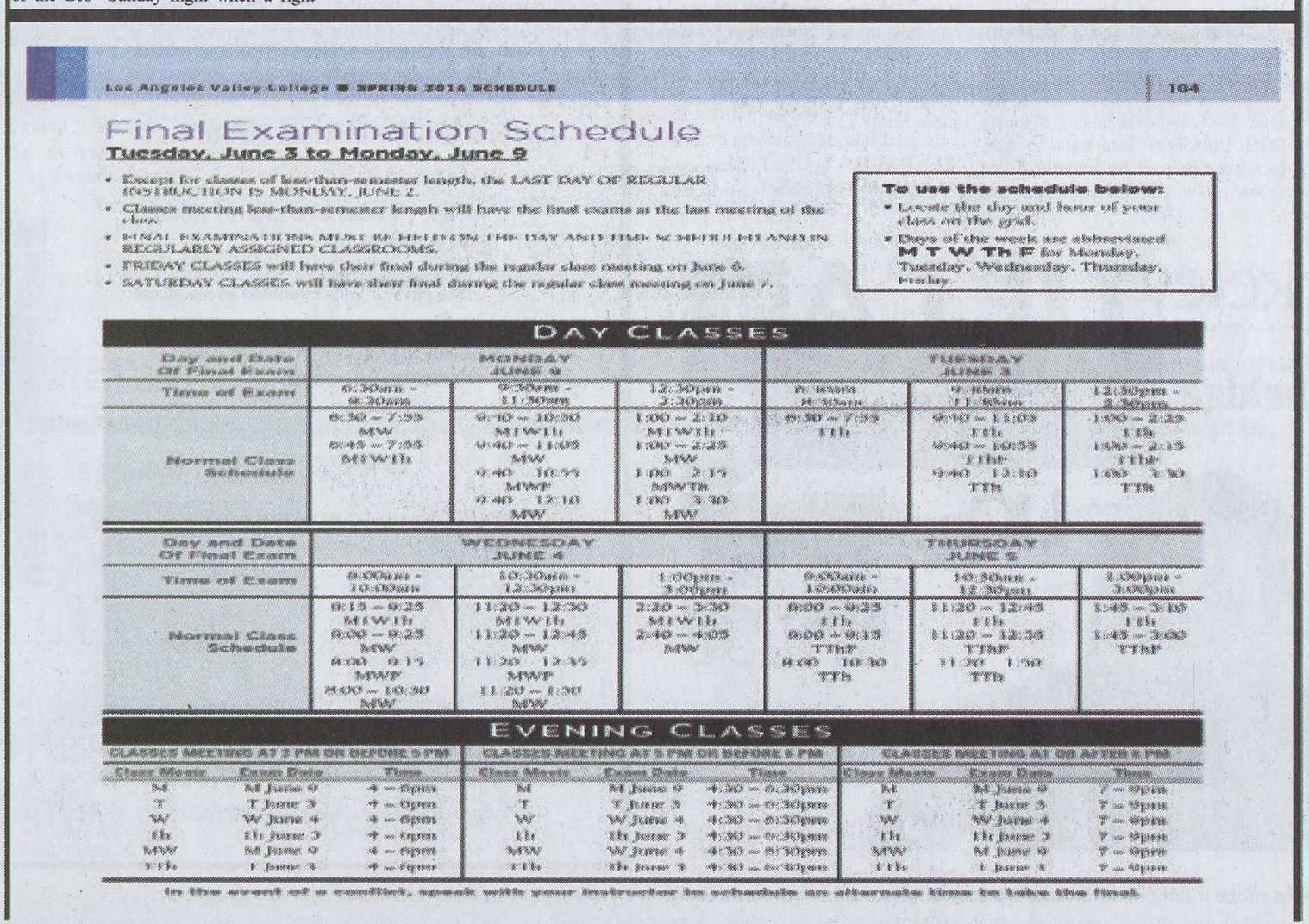

Los Angeles Valley College ■ SPRING 2014 SCHEDULE | 104

Final Examination Schedule
Tuesday, June 3 to Monday, June 9

- Except for classes of less-than-semester length, the LAST DAY OF REGULAR INSTRUCTION IS MONDAY, JUNE 2.
- Classes meeting less-than-semester length will have the final exams at the last meeting of the class.
- FINAL EXAMINATIONS MUST BE HELD ON THE DAY AND TIME SCHEDULED AND IN REGULARLY ASSIGNED CLASSROOMS.
- FRIDAY CLASSES will have their final during the regular class meeting on June 6.
- SATURDAY CLASSES will have their final during the regular class meeting on June 7.

To use the schedule below:
- Locate the day and hour of your class on the grid.
- Days of the week are abbreviated M T W Th F for Monday, Tuesday, Wednesday, Thursday, Friday.

DAY CLASSES

Day and Date Of Final Exam	MONDAY JUNE 9			TUESDAY JUNE 3		
Time of Exam	6:30am - 8:30am	9:30am - 11:30am	12:30pm - 2:30pm	6:30am - 8:30am	9:30am - 11:30am	12:30pm - 2:30pm
Normal Class Schedule	6:30 – 7:55 MW 6:45 – 7:55 MWTh	9:10 – 10:30 MWTh 9:40 – 11:05 MW 9:40 – 10:55 MWF 9:40 – 12:10 MW	1:00 – 2:10 MWTh 1:00 – 2:25 MW 1:00 – 2:15 MWTh 1:00 – 3:30 MW	6:30 – 7:55 TTh	9:10 – 11:05 TTh 9:40 – 10:55 TThF 9:40 – 12:10 TTh	1:00 – 2:25 TTh 1:00 – 2:15 TThF 1:00 – 3:30 TTh
Day and Date Of Final Exam	WEDNESDAY JUNE 4			THURSDAY JUNE 5		
Time of Exam	8:00am - 10:00am	10:30am - 12:30pm	1:00pm - 3:00pm	8:30am - 10:00am	10:30am - 12:30pm	1:00pm - 3:00pm
Normal Class Schedule	8:15 – 9:25 MWTh 9:00 – 9:25 MW 9:00 – 9:15 MWF 9:00 – 10:30 MW	11:20 – 12:30 MWTh 11:20 – 12:45 MW 11:20 – 12:35 MWF 11:20 – 1:30 MW	2:20 – 3:30 MWTh 2:40 – 4:05 MW	8:00 – 9:25 TTh 9:00 – 9:15 TThF 9:00 – 10:30 TTh	11:20 – 12:45 TTh 11:20 – 12:35 TThF 11:20 – 1:50 TTh	1:45 – 3:10 TTh 1:45 – 3:00 TThF

EVENING CLASSES

CLASSES MEETING AT 3 PM OR BEFORE 5 PM			CLASSES MEETING AT 5 PM OR BEFORE 6 PM			CLASSES MEETING AT OR AFTER 6 PM		
Class Meets	Exam Date	Time	Class Meets	Exam Date	Time	Class Meets	Exam Date	Time
M	M June 9	4 – 6pm	M	M June 9	4:30 – 6:30pm	M	M June 9	7 – 9pm
T	T June 3	4 – 6pm	T	T June 3	4:30 – 6:30pm	T	T June 3	7 – 9pm
W	W June 4	4 – 6pm	W	W June 4	4:30 – 6:30pm	W	W June 4	7 – 9pm
Th	Th June 5	4 – 6pm	Th	Th June 5	4:30 – 6:30pm	Th	Th June 5	7 – 9pm
MW	M June 9	4 – 6pm	MW	W June 4	4:30 – 6:30pm	MW	M June 9	7 – 9pm
TTh	T June 3	4 – 6pm	TTh	Th June 5	4:30 – 6:30pm	TTh	T June 3	7 – 9pm

In the event of a conflict, speak with your instructor to schedule an alternate time to take the final.

JAY GILLILAND, STAFF PHOTOGRAPHER | VALLEY STAR
New Sheirff - Deputy Frank Velasco talks with a LAVC student Thursday in his campus office.

DEPUTY VELASCO FEELS AT HOME

Monarchs' weclome former East Los Angeles College sheriff to campus.

ALTON PITRE
SOCIAL MEDIA

There is a new Sheriff walking on the campus of Valley College, and his name is Deputy Frank Velasco.

Deputy Velasco was newly named the deputy sheriff at Valley. He was previously at East Los Angeles College where he was also deputy for six of the past nine years.

He has been a deputy sheriff for 18 years, and prior to arriving at Valley, Velasco worked as a patrol deputy at the Pico Rivera Station for six years. From there he transferred to Los Angeles Community College District and was assigned to ELAC.

"I've received a warm welcome from everyone including students, staff and faculty," said Velasco. "Everyone seems to be real happy and get along well. You can feel the positive energy coming to Valley College and I'm very happy to be here."

It has been a month since Deputy Velasco's first day on the job at Valley, and he loves it. According to Velasco, Valley College was his number one choice of campuses to work at. He is delighted by the beautiful Sheriff's station and commends the students, staff, officers and cadets who all seem to be well-rounded individuals.

The personal mission of Deputy Velasco and the Sheriff's Department is to maintain a safe environment at Valley College for all students, staff and faculty. Although there are many deceived perceptions of law enforcement, Velasco wants everyone to know that the Sheriffs are friendly and here to help the people.

"My plans right now are to meet and help as many people as I can while I'm here and to try to change some of the misconceptions that people might have; the negative attitudes towards police," expressed Velasco. "[But] to keep everyone safe and happy, that is my main mission, and the mission of the Sheriffs department."

Valley's student cadets are now supervised by Deputy Velasco. The Cadet Program consists of student workers that are interested in professional law enforcement fields. The program is currently hiring, and Velasco urges all students to stop by the Sheriff's station and pick up an application to apply. Students must be able to work full-time, have a valid driver's license and a clean criminal record. There is also an interview process and required test for all applicants.

"It's been great; nothing but good things have happen since I've been here," said Velasco. "I hope to be here a long time and don't plan on going anywhere. This is going to be my home for a long time."

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THE VALLEY STAR INFO & STAFF

THE VALLEY STAR is published by students of the Journalism and Photography classes as a learning experience, offered under the college journalism instructional program.

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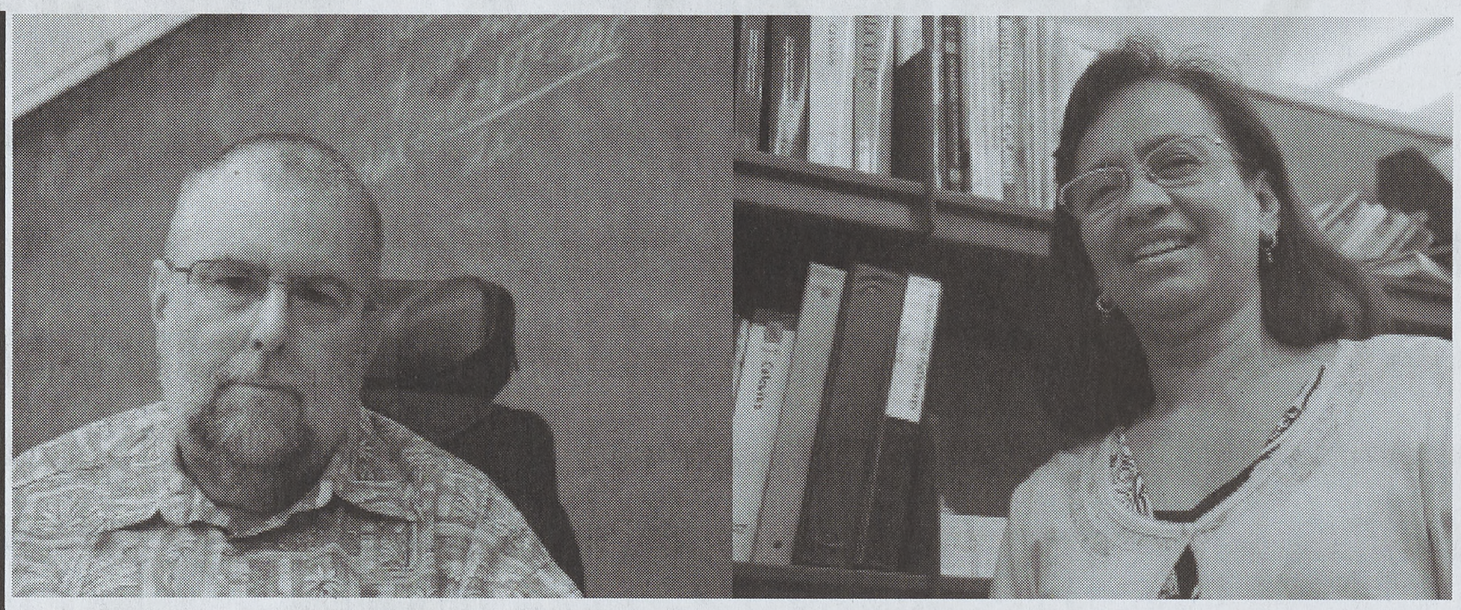

ROSHON BONNER, STAFF PHOTOGRAPHER | VALLEY STAR

APPLE AWARDS WINNERS - Professors Glen Paget (Right) wins the Crystal Apple Award, and Luz Viminda Shin (Left) wins the Zucker Award, Monday afternoon, at Monarch Hall.

SHINY APPLES FOR BELOVED INSTRUCTORS

Professors who strive to make a change are honored by Tau Alpha Epsilon by annual Apple Awards.

PAUL FRUMKIN
STAFF WRITER

Valley College's honors society Tau Alpha Epsilon recently hosted the annual Apple Awards where professors chosen by the student body were honored for their work.

The event was held in Monarch Hall on May 19 where tables and chairs were set up to accommodate 200 guests and 44 nominees. Child development Professor Elmida Baghdaserians, dance and yoga Professor Kiha Lee and math Professor Glen Paget were presented with the top award, a crystal apple.

TAE asked Valley students to provide the names of their three favorite professors. The three most popular professors received the crystal awards and all of the nominees were given certificates. The ceremony started with a short introduction by TAE's President and Vice President, Abraham Avila and Anush Hambartsumyan. Students who recommended that the professors be nominated presented the awards to their professors after a speech, followed by the short speech by the recipient.

"I once recall when she (Professor Lee) told my son, 'Your mom is a beautiful dancer,'" said Noelle Anderssen, the dance major who presented Lee with the award. "Those words fell hard on my heart and smoothed my soul and saved me."

In his speech, Professor Paget mentioned that he is starting the Glen Paget Math Teacher Scholarship, a scholarship for aspiring math professors.

"I remember when I was a student here," Paget said. "I always wanted to be a math teacher, even before coming to Valley College. I would have loved to have been recognized for my efforts to be a teacher. Everything I did pointed me in the direction of teaching, and now, I want to encourage students who have the same feelings that I had."

The ceremony ended with a brief closing speech by Hambartsumyan and Avila. "Here's to you," said Hambartsumyan and bit an apple.

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Part-Time Teachers Not The Answer, Continued from page 1

adjuncts on campus and the student transfer and graduation rate; that is, more adjuncts on a campus statistically lead to diminished retention rates.

Cost-effective ways of resolving this imbalance are suggested in a paper by the Delphi Project on the Changing Faculty and Student Success. Better benefits and pay for the contingent faculty, may not be possible in district budgets. Protections for academic freedom in faculty handbooks are one accessible change to the system, as is proportional representation in faculty governance, and due process rights for non-tenure-track faculty in the rehiring process. These existing and efficient strategies are some of many that have been proposed to resolve mistreatment of part-time faculty.

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BUDGET CUTS SINK COMMUNITY COLLEGE TRANSFER RATES

Limited courses and budget cuts are causing many Monarchs from transferring on time.

JACKIE CARTER
STAFF WRITER

Declining transfer rates from community colleges to University of California and California State has prompted a proposal to make the transfer application process much easier for students in the future.

Budget cuts and limited course offerings at two-year colleges have been discouraging for some students, according to a report issued by the UC regents who saw a sharp decline in transfers from a year ago.

Transfers applications dropped from 28,937 in 2012 to 26,376 for this year, according to a UC study.

The biggest hurdles in the transfer process are the lack of student preparation, not having the required coursework needed at the time of transfer and failure to meet application deadlines, all which can be easily managed.

"Students need to be competitive for the campus they want to go to, and should know the requirements needed ahead of time," said Michael Gold, TAP/General Counseling. "Especially if they want to transfer to UC schools, who look for general education units sooner, rather than later."

Valley College currently uses the TAG system (Transfer of Admission Guarantee), which offers a seamless admissions process to the nine UC campuses and California State University campuses to help Monarchs prepare for undergraduate school.

There are also plenty of tools students can use, such as the UC-Transfer Admission Planner, found on the UC website, which helps you track what courses are needed to transfer and is imported along with the application.

Most of the students at Valley College were prepared for transferring and found counseling beneficial to them.

"It was a fairly simple process. I met with a counselor and checked online myself, using assist.org," said Paul Chua, broadcast journalism major. "I was very proactive and made some calls to make sure that I wasn't taking unnecessary classes."

For more information contact the Career/Transfer Center in the Student Services Annex at (818) 947-2646 or visit www.lavc.edu/Transfer/index.html.

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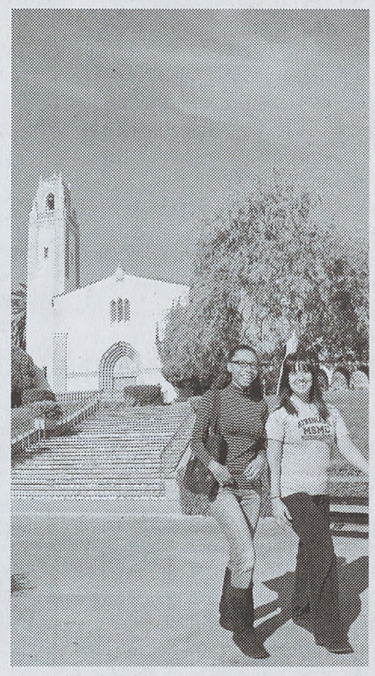
PHOTO ILLUSTRATION BY JAHSAUDI PERKINS, PHOTO EDITOR | VALLEY STAR

WHERE TO GO - Few realistic options make it difficult for Monarchs to transfer to a four year university.

MOUNT ST. MARY'S COLLEGE

Transfer Applications Being Accepted for Fall 2014



Fall classes are open in a wide range of majors covering the sciences, education, business, pre-nursing, and the humanities. A Catholic women's college, you are invited to visit our beautiful hilltop Brentwood location to **explore the Mount** for yourself!

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IN YOUR HOMES, SCHOOLS AND CORN FLAKES: GLUTEN!

The Gluten free fad that has spread faster than wildfire might be an imaginary alignment.

SHABAZ KAZIA
STAFF WRITER

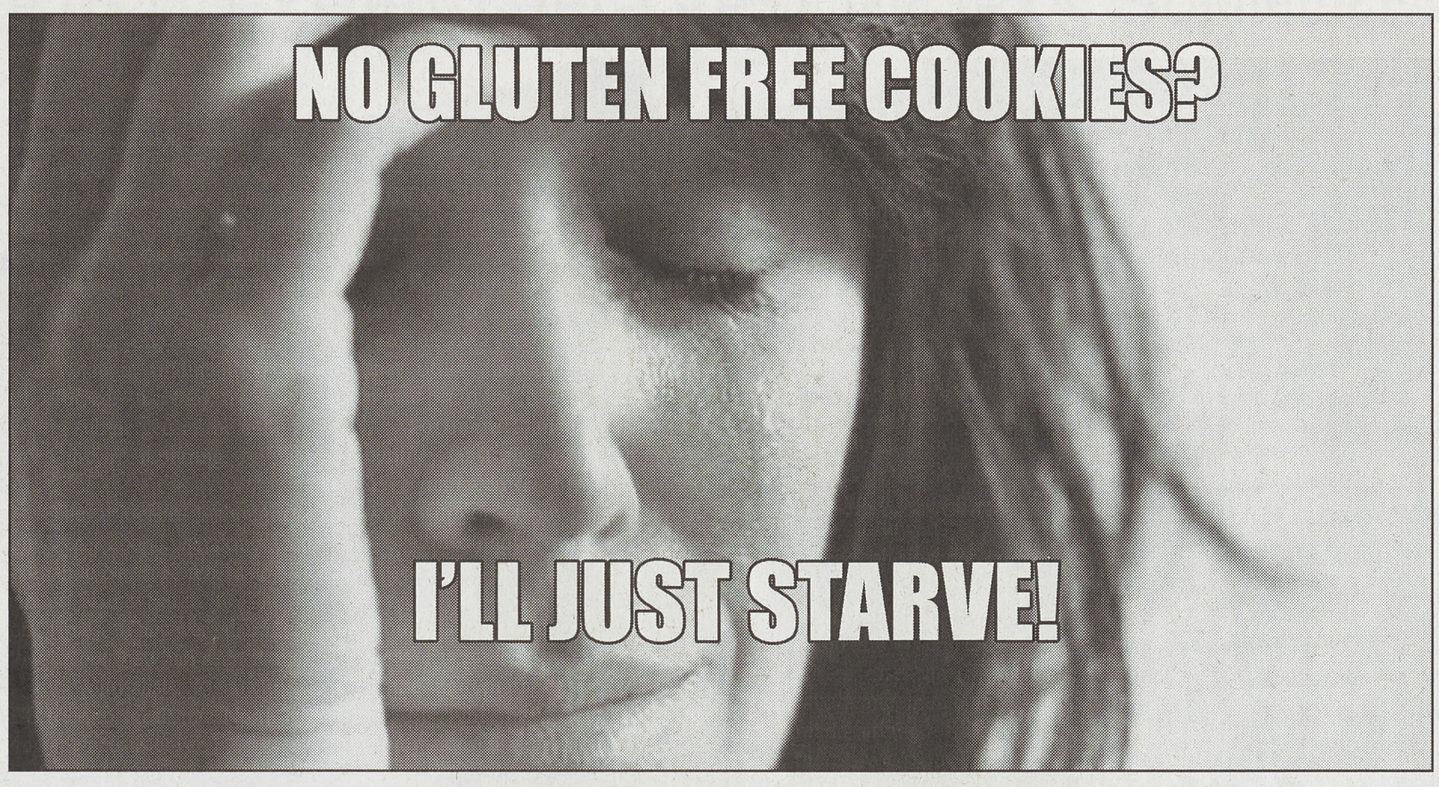

PHOTO ILLUSTRATION BY JAHSAUDI PERKINS | VALLEY STAR

Gluten for punishment - The nefarious gluten has overrun our grocery stores and idiocentric youth culture alike, the latest in a long line of food hysteria.

On a hot steaming summer day a week ago at Brian's Hawaiian Shaved Ice and Boba, as a militia of hungry little snot nosed brats burst through the door, one highly health - conscious suburban mom decided to inquire if any of the products had gluten.

What is this elusive and vile substance? An evil so powerful it causes the poor vegan to shudder in her hypoallergenic scarf. Gluten is one of the big façades for people who believe they can buy a healthier lifestyle. It is has no immense negative or positives effect on an average person's health unless they have celiac disease. It's another misconception used by the FDA and food companies to slowly drain the wallets of misinformed folk with eclectic idiocies.

The ice connoisseurs had no answer because they had no idea what gluten was; only that it had the same effect on the wheat-weary, suburbanite as kryptonite, on Superman. They informed the middle-aged health guru that most of their products are sugar-based and that they were not entirely sure what gluten was.

She obviously was not either because gluten is only found in wheat and other whole-grain products. She then urged them to stop in the middle of a rush, head to their pantry, check and waste their time.

Every supermarket, coffee house, and even diners are now proudly serving non-gluten products. This nefarious substance is apparently wreaking havoc on the mass populations of deluded over privileged and strictly American Spirit-smoking health-conscious hipsters alike (because. you know, tobacco is of the Earth). But is it actually bad for the everyday consumer?

Think of gluten as glue, which is what its Latin root means. It gives dough its chewy elastic form, aiding it in rising like yeast and giving it shape. Gluten is a protein composite composed of gliadin and glutenin alongside with starch and endosperm of various grass related grains. It has no compelling negative or positive effects on the average body: it just gives wheat-related grain products its fluffy chewy texture.

"I think people are overreacting about gluten" said nutrition major Violeta Lemus "Only a small amount of people are allergic"

Now, those 1 in 133 Americans suffering from celiac disease have a non-fabricated reason to be weary of gluten. That's about 1 percent of the American population that cannot consume any products containing it due to the damage it causes their lower intestine. The rest of the population has an imaginary alignment akin to Ben Affleck's alleged acting "abilities".

Gluten terror exploded in 2011 when a professor at the Alfred Hospital in Australia published an article in the American Journal of Gastroenterology. Dr. Bernado , JA Garrote linked lower intestinal distress with a small number of the population without celiac disease. That's pretty damning.

Except this year, he disproved his original hypotheses with a controlled experiment that proved that gluten is not bad for the average Joe.

The gluten-free epidemic is a marketing scheme used to make your general variety of misinformed pseudo health conscious sheep pay more money for an unnecessary restriction. But making food gluten-free can sometimes make it taste as fake as gluten sensitivity as well, or at least unpleasantly textured – to make it bearable, companies sometimes add fats and sugars.

"Gluten is just another buzz word," Said anthropology major Matthew Castillo. "Food companies are just using it to make money."

So for those of you yearning for a healthier lifestyle: go jogging. Eat an apple. Maybe even try drinking more water. If your are one of those on the gluten bandwagon without a ticket marked "celiac disease" you are unnecessarily depleting your wallet and potentially eating unhealthy food. That sounds counterproductive to anybody of sound mind.

Celiac disease is a valid concern and disorder. So if the FDA wants to label everything from instant ramen to antacid fine. These one percenters who cannot tolerate gluten thank you. For the rest of the population, refrain from wasting your money on food that tastes like it's missing something delicious. Fluffy, elastic gluten that puffs your food into life and gives its wonderful shape. You're flattening your diet.

S.KAZIA
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ZAIN'S BRAIN

MILLIONS LEFT BEHIND

War is hell and for many veterans, home is similar.

ZAIN ABOURAIA

More active duty personnel die by their own hand than in combat, and The Department of Veterans Affairs is neglecting most of them to death.

There are 2.3 million veterans of the Iraq and Afghanistan wars. Of these, 20 percent have Post Traumatic Stress Disorder or complex PTSD and another 20 percent have traumatic brain injuries that result in major psychiatric disorders. And 22 veterans kill themselves every day.

Recent investigations into the failings of the VA have resulted in the termination of Secretary Eric Shinseki, but have not actually fixed the major problems affecting veterans.

America's mistreatment of its veterans goes all the way back to the Revolutionary War and has only gotten worse. The most recent development involved the Phoenix Veterans Affairs Health Care system's creation of a fake waiting list that obscured actual wait times for veterans. As a result of the massive backlog, at least 40 veterans died waiting for care.

A quick Google search will reveal decades of dereliction of duty, neglect and corruption, resulting in death and untreated illness for America's veterans. Among the cases of medical malpractice at the VA's Salisbury, North Carolina hospital that came to light in 2005: a veteran went in for toenail surgery and died of heart failure after his doctors neglected to examine his heart. In 2009, 10,000 veterans in Tennessee, Georgia and Florida were exposed to viral infections from poorly disinfected colonoscopy equipment. That barely scratches the surface – the horrid, mold-caked surface – of the conditions at the VA's flagship hospital, Walter Reed in Washington, D.C.

The administration has increased the VA budget by tens of billions, raised capacity and facilitated access to private care for veterans at the government's expense. But after five years, it seems as if they have been wearing kid gloves while trying to untie this Gordian knot.

There is so much more that must be done. An integrated record-keeping system that would combine and modernize the archaic and compartmentalized way we store veteran's medical records should be a national priority. Vouchers are another simple solution that can be very effective, allowing veterans to seek higher quality medical care from private institutions, expanding their options in their search for care in a timely manner.

Monday marked Memorial Day, the federal holiday recognizing all those who have fallen in battle, all those who put their physical and mental health on the line for the cause of securing our freedom and liberty. They come home and find out that it is harder for them to live in Phoenix than Fallujah.

E-mail Zain Abouraia at *opinion@lavalleystar.com*
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"VICE" VS MAINSTREAM NEWS

HBO news show investigates dangerous topics

OCTOBER PRIMAVERA
STAFF WRITER

HBO's news magazine series "Vice" is an impactful asset, especially for the mega-generation of Millennials.

In a time when everything is instant and automatic, it is difficult to convince a younger audience to sit and pay attention to real issues happening both domestically and internationally. "Vice" breaks down these issues into high-density segments stuffed with a lot of relevant information in a small amount of time.

With a wide range of topics dissected in a hands-on manner, "Vice" tackles everything from where American money is going to in Afghanistan (their footage shows drugs clearly being sold and purchased in the background) to the thrilling Season One finale, their trip to North Korea with Dennis Rodman. The show went to there to peek behind the thick curtain that country has put up between them and the West by using their Supreme Leader's favorite athlete as a ticket in.

"I love 'Vice,' it shows me stories that the regular news networks don't talk about, it's refreshing," says political science major, Sara Rodriguez, 24.

A major flaw in American broadcasting is that the news networks seem to reflect their owner's personal political views. 'Vice' brings stories without the filter of the liberal or conservative media to clog what you should actually get out of the story. Their reporters look at true cultural and political topics without the twisting of words to make you feel and think they want you to; it is your own natural reaction.

Not everyone is on board with "Vice" though, finding their stories to be forced, that they try too hard to seem submerged in the cultures or stories they're reporting, or playing tourist.

"The criticism I thought was funny was about us taking Dennis Rodman to North Korea," said "Vice" founder Shane Smith to The New York Times. "They were damning the show before they had seen it, calling us stunt journalists. Meanwhile, the BBC tried to sneak into North Korea using students as cover."

So while not everyone can see the value in a show that teaches a country that sometimes has tunnel vision, it is an untainted source to see what is really happening in the world.

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ABSTINENCE PROGRAMS FALL LIMP

Federally funded sex education programs prove to be ineffective as opposed to contraceptives.

ALEXANDRA AVENDANO
STAFF WRITER

Federally funded abstinence-only sex-education programs are proving every bit as successful as that other famous federal abstinence program … Prohibition.

For more than a quarter of a century, abstinence-only programs have managed to slip into budgets with support from fundamentalists with outdated information and misconceptions about youth's sex drives. Twenty-six states not only require abstinence to be taught as part of sex education, but stress it as the main method.

So why have teenage pregnancy rates in states that focus on abstinence-only education stayed high? Take Mississippi for example: 55 births per every 1,000 girls. Mississippi does not even require sex education in schools, but when it is taught, the abstinence-only program is the state standard. The national average is 29 births per 1,000 girls. Connecticut, which requires a comprehensive sex education program covering both abstinence and contraceptive methods, has a rate of 16 births per 1,000.

Kids will be kids, and teenagers are definitely horny. Relying on abstinence-only education won't dampen the raging hormones, but it leaves teenagers naïve to the safest ways in which to engage in something perfectly natural.

Abstinence-only programs are as effective as telling someone the only way to prevent skin cancer is by remaining indoors for the rest of their lives. Yes, it's technically right, but, no, it is not practical and will not be followed.

Instead, the proper course of action is to explore all the possible options that will prevent pregnancy and the spread of sexually transmitted diseases (STDs). The medical advancements of our time have made having a little fun here and there safer due to various forms of contraception.

These students who are left with more questions than answers with abstinence-only programs are forced to find inaccurate information in the grab bag of opinions known as the Internet or explore firsthand without any idea as to what they're doing.

Despite the very obvious flaws in abstinence-only teachings, the Obama administration has poured about $50 million per year into these programs that attempt to stifle one of the most important biological needs of the human race. And that's down from the $176 million, on average, the Bush administration pumped into this anti-pumping program.

Expanding beyond abstinence-only education won't corrupt the "pure, American values" on which the country was founded. Instead, these values that dictate what is taught in schools should be updated to correlate with the progressive changes that have happened in the past years such as helping gay and lesbian teenagers with questions regarding sex.

Abstinence-only programs haven't proven themselves to be effective and have done more harm than good. With the amount of information available, the importance of accurate and all-encompassing plan for sex education has become a necessity.

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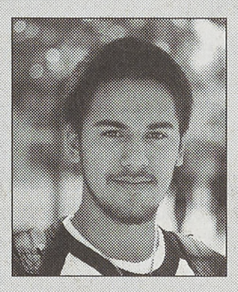
VALLEY VIEW | ARE VETERANS TAKEN CARE OF?

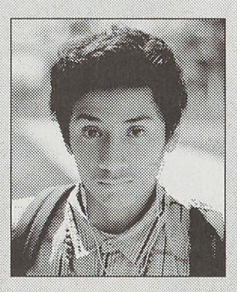
"There are many donations for veterans, so they do need care."

- AHNIKA MIRANDA
KENISOLOGY



"I think veterans are well taken care of in the United States."

- BRIAN AVANDA
FIRE SCIENCE



"I think Veterans in America are treated fairly."

-JEFFREY CIFTENTES
FIRE SCIENCE

"In many circumstances they do not recieve what was promised."

-ROBERT KOCHKANYAN
BUSINESS ADMINISTRATION

"I think they are taken well care and also get everything they need."

- ROBERT MUNOZ
KINESIOLOGY

PHOTOS BY SAMUEL OKSNER, PHOTO EDITOR | VALLEY STAR

GOT A LETTER TO THE EDITOR?

Letters to the editor can be sent to: **editor@lavalleystar.com** or submitted online at **www.lavalleystar.com.** Letters must be limited to 300 words and may be edited for content. Full name and contact information must be supplied in order for letters to be printed. Send by Thursday for the following week's issue.

A MONARCH IS IN THE FIGHT OF HIS LIFE

A diagnosis of late stage multiple myeloma forces Osvaldo Villazon's life to take a dark detour this April before taking his project to the next level.

JORGE BELON
NEWS EDITOR

J. EMILIO FLORES| LA OPINIÓN

STILL STANDING - Ozzy Villazon struggling to stand tall after undergoing chemotherapy treatment in front of his home during the beggining of this month.

On a chilly Tuesday, April 8, 2014 a San Franciscan native and a Valley College student Osvaldo Villazon's life changed forever.

After being rushed to the hospital for the second time in five days, the puzzle of my brothers overwhelming back pains was over, he was diagnosed with third stage Multiple Myeloma,The 39-year-old American Film Institute alumnus was hit by cancer that typically only affects African-American men who are in there 70's. A cruel joke to a man who hardly got sick and who washes his hands countless times a day; but my healthy role model was struck with a cancer that as of now, has no cure.

Even Though science has advanced dramatically since the first patient was diagnosed with Multiple Myeloma in 1884, and patients are now able to live for longer periods with this cancer; it is still a very painful journey to embark on.

This cancer produces abnormal plasma cells, which eventually lead to bone erosion. In the process the immune system gets weaker and the kidneys begins to fail. It is a physically painful process that has made my older brother, who was always athletic, not able to walk without a walker, and when he has to get up it takes time, patience and strength to endure the pain of attempting to just sit up.

It is strange to see this, since he was the person that introduced me to soccer. Kicking the ball anywhere we went, playing for countless hours. Seeing him struggle with this is a pain that my soul has never felt, though what I feel cannot even begin to touch what must run through his mind.

Now I look at the same person who I thought was invincible, struggle to stand. However, even though he may struggle to do the things most people do without effort, I do not see a weak man near his death, but instead I still see a indestructible man, who is carrying himself to the next day and staying the course.

As my brother told me, "A hero must find his journey, it may be rough and long, but Coco you must always continue going, you can never quit." He told me this many times and most of the time I was too angry, bewildered, or stoned to really comprehend the meaning of his words. I understand those words now. I see Ozzy fight his sickness everyday –he won't quit. A hero's journey, he has found a new road, it will be long and dark. Though the land he walks is not a lonely abandoned route. The path he now takes is filled with the shadows of great people that have come before and the companions of everybody that will follow behind him to wherever this road leads. It was something that they did not choose. A battle they never expected to fight, yet they face with an indomitable spirit.

"I accept what I have," said my brother, the day he found out he had Multiple Myeloma. "I have it, and now I want to start the road, I do not want to dwell, I just want to start now."

If you would like to help my brother please visit this site http://www.gofundme.com/8ezlec and feel free to send a donation or spread the word to end this horrible cancer.

NEWS
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BLOCKBUSTER SEASON IS HERE

Summer is around the corner which means a whole new set of must-see films.

SHABAZ KAZIA
STAFF WRITER

The semester is winding down and the Monarchs are ready to set aside their books and relax. Luckily summer means big-budget movies in a wide assortment of genres. Whether it's a romantic comedy with an overloaded cast or a colossal Michael Bay action flick, there is something for everyone. Needless to say some of these movies lack luster. So which should you watch? What's the right summer blockbuster for you?

The main attractions are the big-budget tentpole flicks that erupt by the dozens every summer. First to burst onto the scene is everyone's favorite giant lizard monster, "Godzilla," now in theaters. Director Gareth Edwards returns to the original iconic version, atomic-breathing away the weird iguana Godzilla with Matthew Broderick that missed the mark for critics in 1998.

Also in theatres, everyone's favorite merry bunch of mutants with "X-Men: Days of Future Past." After the enthusiastic box-office and critical reception of "X-Men: First Class," "X-Men" and "X2" helmer Bryan Singer returns to the director's chair to tie in the original trilogy to the "First Class" bunch. Early returns have been massive ($91 million opening) and reviews have been very positive (91 on Rotten Tomatoes).

It wouldn't be summer without a Michael Bay flick, so on June 27, "Transformers: Age of Extinction" hits the big screen. The fourth installment in the series features Mark Wahlberg and a giant T - Rex transformer that will surely satisfy thrill-junkie moviegoers.

"I like watching action movies; it's worth the money," said psychology major Patty Sang. "Something that's just not the same when watching it at home."

To read the rest of the summer movie previews, please visit our website: www.thevalleystar.com

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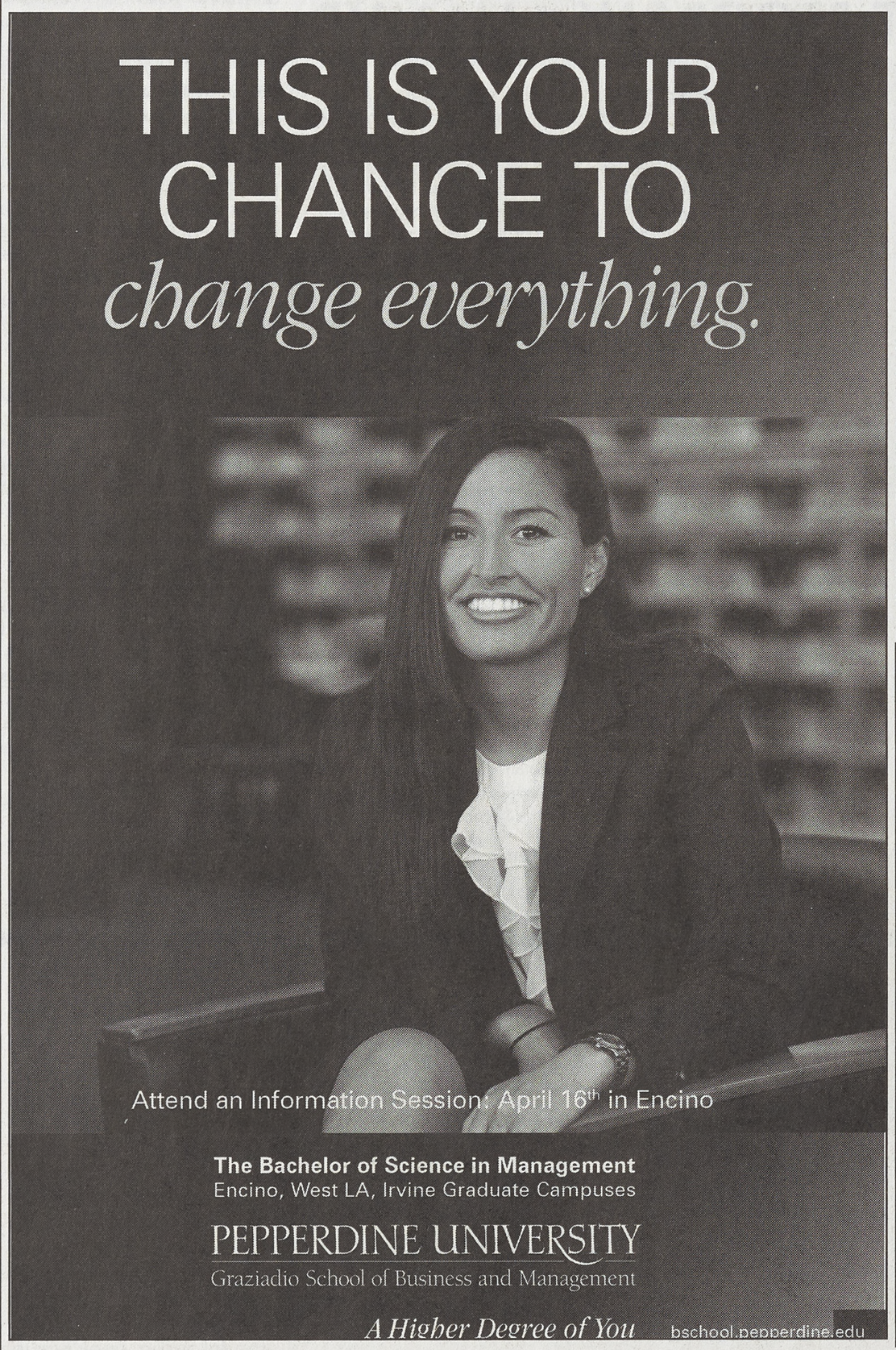
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STUDENT ARTISTS EXHIBT THEIR BEST WORKS

The best student art works of the 2013-2014 year have been chosen and are on display in the art gallery.

BRITTANY BAGWELL
VALLEY LIFE EDITOR

NATALIA CAMERONI, STAFF PHTOGRAPHER | VALLEY STAR
ART ON DISPLAY - Art enthusiasts appreciate Monarch's artwork at the art gallery in the Art Building last Thursday.

Valley College's resident artists displayed their best work on the opening night of the Student Art Show last Thursday. The best student art pieces from the 2013-2014 year hang on the walls in the Art Building's gallery. The exhibit works were chosen by a panel of visual arts professors and selected from every artistic discipline that Valley College offers instruction in.

Monarchs came to the gallery's opening to take a break from their busy final schedules and support the artists they share the college with. The gallery patrons did not regret their decision.

"It gives you the idea of how many art classes are offered at Valley," said accounting major Tyler Silverio "I didn't know the variety of applied art classes taught at our school."

The pieces on display were from all artistic disciplines, from small porcelain sculptures to huge oil on canvas paintings. Each piece represented the best of what Valley students have to offer.

Student artists spoke to people about their works as they leisurely strolled the exhibit with their complementary mineral waters and snack plates.

"I didn't even know my piece would be in the show," said art major Cindy Krievens-Daccurso. "I'm honored it was selected." Krievens-Daccurso's piece was a Charcoal and conte drawing of a gorilla face; its eyes expressed a gentle and serene nature.

Some works seemed to have their own gravitational pull that kept drawing people back to view them over and over again. One such piece was Anthony Elbambo's "Elvis, 2014," an oil painting that depicted the King of Rock 'n' Roll crucified on a cross, with a pile of prescription pill bottles at his feet, snow on the ground and dead trees framing his form.

Another piece that had people talking was artists Steve Engels' "MLK, Star Trek, 2014," a pastel drawing that showed the civil rights leader in a Star Trek uniform, flashing the Vulcan "Live long and prosper" hand sign.

Artist Angelica Rodriguez created a sculpture that was hard to miss. Her work "Being Blue" was a towering blue figure in mid stride given form with PVC pipe, paper, and insulation foam. Independent studies had freed her up to make an original and imposing creation.

Some works made people laugh, others gave viewers a visceral feeling, and others made them sit in quiet contemplation

Monarchs and more can visit the gallery in the Art Building from May 22 – May 29 and Sept. 2 – Sept. 18. Gallery hours are Mon - Thu from 11 a.m. to 2 p.m. and Mon - Wed from 6 p.m. to 9 p.m.

VALLEYLIFE
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SUMMER FASHION GOALS

Sporty trends touch down this season and are making their way into fashion savvy women's closets.

JHANELLE RIVERA
EDITOR IN CHIEF

Fashionistas not aware that athletic wear is trending for next season are clearly not in the game.

Jerseys, basketball shorts, track jackets and varsity sweaters, to name a few sports-related items, have emerged on the spring/summer 2014 runways. From Paris to Milan, fashion MVPs Prada, Gucci, and Balenciaga have showcased their most athletic designs, sprinkling a touch of glam into the game.

Valley College art history major Lara Saikali explained how anyone can pull this look off by adding their personality. "I would edge it up a little bit by wearing a chunky metal necklace, I would wear a black shirt with flower-print genie pants, and most definitely I would wear heels with this look for sure," said Saikali.

Styling with accessories while wearing this trend will enhance the 22-year-old edgy/girly personal style. Sports fans would probably say trading pumps for cleats is ludicrous. However, in this tournament of fashion, there are no rules. And besides, how much worse could it look than Kobe in all white on the cover of the LA Times Magazine?

Even though sporty rules the roost this summer, sleek and chic still wins on the catwalk. Track stripes appeared during this spring's Fashion Week shows on ankle-cut trousers and sports mesh fabrics were stitched on crop tops.

The elaborate 3-D ivory green bomber jacket from Marni consists of hand-embroidered beads. The look consists of a futuristic visor that harmonizes the outfit (Daft Punk, watch out). Consuelo Castiglioni's Marni designs could be unrealistic to purchase for most college students. That glamorous piece alone is listed for $9,150 in their online retail store, lyst.com.

"The clothing is cute and all, but the prices are ridiculous at times," said child development major Adriane Garrett. "I can never see myself buying a $75 blouse. And most of the time, you're just paying for the name, not really the fashion item."

But there is a way for fashionistas to stay trendy. A similar jacket can be found fast at fashion retailers such as H&M, Wet Seal, and Forever 21 for under $40. So you too can hit homers while sporting these trends.

EDITORINCHIEF
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STOCK PHOTO | VALLEY STAR
GAUDY BOMBER - Marni design.

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VENGER'S LADY MONARCHS AIM FOR THE PLAYOFFS

Women's soccer preps for their first apprance in playoffs in Valley's history.

JORGE BELON
NEWS EDITOR

With the spring semester coming to a close, the Lady Monarchs are hitting the field to prepare for the new season and returning Coach Greg Venger's team is aiming high.

"Our goal is to finish in the top half of our conference and make the playoffs for the first time in the program's history," said Venger.

Last season, Venger's first as coach, did not go as planned. He was brought in towards the end of the off-season and had little time to prepare his team. Their slow start was not surprising, as they lost four of their first five games. The season was full of highs and lows for the Lady Monarchs, showing flashes of solid play but was never consistent. The team ended the season with a 4-10-7 record.

Even though the San Fernando Valley native has high hopes for the upcoming season, there is still work to do, especially in the recruiting department. They currently have 18 players, eight players returning from last season and eight freshmen.

One of the players returning from last season is the starting goalkeeper Athena Del Rosaio. She finished eighth in saves and fourth in save percentages last season in the Western State Conference.

Eighteen players is one more than they had last season, but they need more players to improve the team's depth.

"We still need five to seven more players," Venger said. "To help with that process, we hired a recruiting coordinator Max Martin. Also during the summer we will have some high school girls come and train with us, but we are still actively looking for players."

> **"It is a must for us to make the playoffs."**
> -Venger

Though a team with great depth will not technically win games, Venger and his coaching staff are aware of this, and are currently training twice a week till they break for finals. However, by June 17 they will start training three days per week.

With the playoffs as the number one priority for the green shirts this season, they will be hard at work until they play their first game against San Diego City College on Sept. 5 at Valley College.

"It is a must for us to make the playoffs," Venger said. "With this group of girls we are bringing, we have to make the playoffs this season."

The Lady Monarchs will open their season Sept. 5 at home against San Diego City College.

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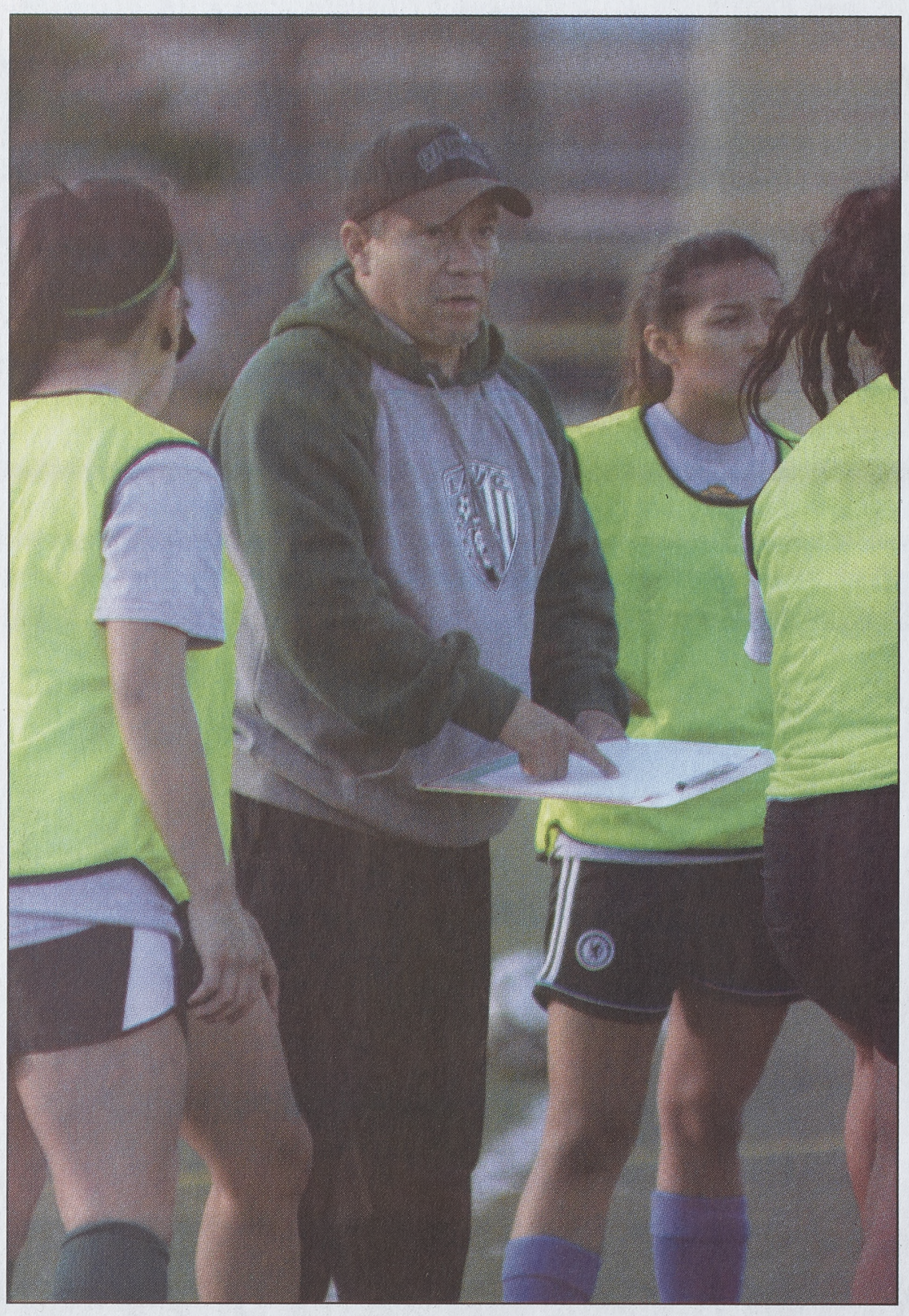
ROSHON BONNER | VALLEY STAR
LUNGING FOR THE WIN -Athena Del Rosario, goal keeper for Monarchs.



ROSHON BONNER | VALLEY STAR
EYES ON THE PRIZE- Max Martin, assistant coach for the Women's Soccer team goes over the game plan, Wednesday evening, on the Valley Monarch field.

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